
HERBS FOR SIMPLE HEALTH ISSUES

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MY BACKGROUND

- Worked with Drs. Agatha & Calvin Thrash from Uchee Pines Institute in Seale, AL as well at Country Life in Columbus, GA. Traveled with doing training.
 - The Thrash's were like parents to me. I lived with them. Was at Uchee Pines 30 years ago and now back since November 2019.
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BACKGROUND

- ▶ Grew up on a large farm in Iowa
- ▶ Youngest of 17
- ▶ Parents used a lot of natural, simple remedies when I was growing up
- ▶ I am very passionate when it comes to using natural remedies / helping people

GOD'S HEALING WAY

- ▶ Principles of Health (8 Laws)
- ▶ Natural simple remedies (mt,herbs,h2o,food)
- ▶ Cooperating with God (prayer, scripture)
 - ▶ God's gracious blessings and promises – ex. Isa 41:10 – ***“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”***

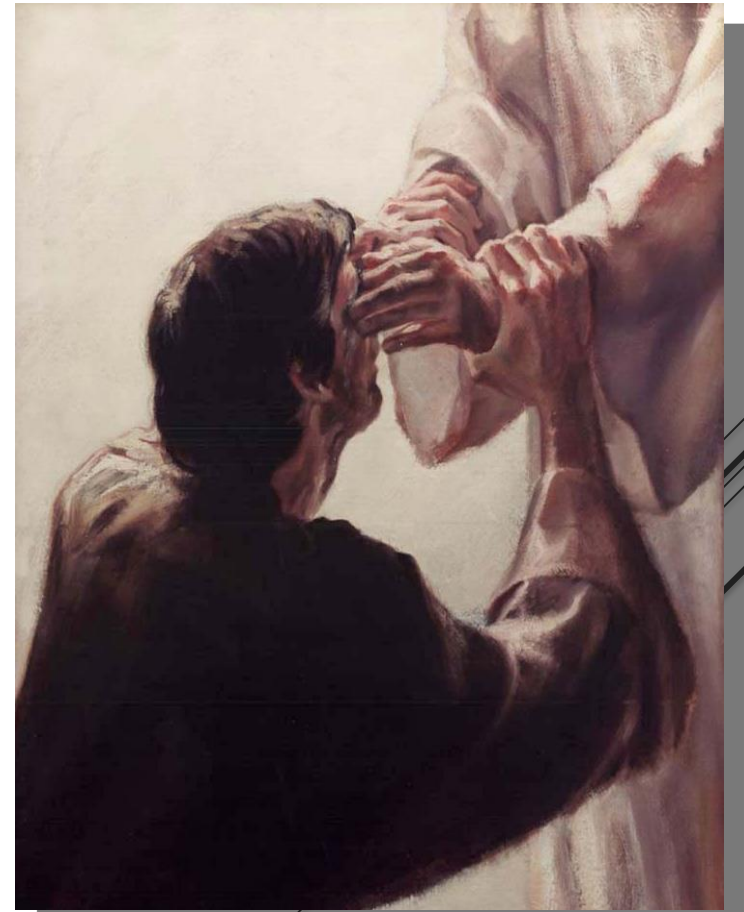
GOOD HEALTH IS GOD'S WILL

- ▶ Whenever possible in attempts at physical healing, **NATURAL REMEDIES** are the preferred therapeutic agencies.
- ▶ Encourage to get a copy of Dr. Agatha Thrash's book on Natural Healing.

(if interested sign up sheet)

When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay,
And said unto him, Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing.

– John 9:6, 7



5 MAIN BENEFITS OF HERBS

- ✗ Cleansing
- ✗ Normalizes body functions
- ✗ Extremely nutritional
- ✗ Raises the energy level of body
- ✗ Stimulates the body's immune system

HERBS FOR NUTRITIONAL VALUE

- ✗ Alfalfa, Burdock Root, Aloe Vera, Slipper Elm, Kelp, and *Moranga.
- ✗ You will get vitamin A, B, C, D, E, F, K
- ✗ Minerals you will get Calcium, cobalt, iodine, iron, magnesium, potassium, zinc
- ✗ Trace minerals

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- ▶ Eat blueberries or chew on some dill
 - ▶ Drink more water (weight x 0.55 = X fl.oz.)
 - ▶ Chew on parsley, cilantro, alfalfa after eating garlic or onion
 - ▶ Charcoal (glass water with 1 TBS)
 - ▶ Oil pulling (1 TBS shish around in mouth for 20 minutes)

BAD BREATH

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- ▶ Eat dark leafy greens, plus take vitamin C (1000-3000mg)
 - ▶ Ginger, lemon, and honey
 - ▶ Apply heating compress (show for sore throat)
 - ▶ Hot water & salt gargle (10 minutes 4x/day)
 - ▶ Hot & cold showers (5-7 minute to 30 seconds)

COLD & FLU

- ▶ Rub feet with Vicks vapor rub for sore throat
- ▶ Suck on clove of garlic
- ▶ Echinacea, Goldenseal, Elderberry, Astragalus, Yarrow root, Wild Cherry Bark, Mullein, Oregano, Horehound, Eucalyptus oil (steam & breath), N-acetyl cysteine (NAC 500mg/3x/day) vervain (clears overnight)
- ▶ 1 med. onion, 1 bulb garlic, 6 lemons, 1 pineapple, ½ c. honey, ¼ tsp. hot pepper, ½-1" ginger (either blend or juice <add last two it>)

COLD AND FLU

RECIPE

1 med. onion,
1 bulb garlic,
6 lemons, 1
pineapple,

(Either Blend or Juice

$\frac{1}{2}$ c. honey,

$\frac{1}{4}$ tsp. hot pepper
powder

1" ginger or $\frac{1}{2}$ tsp.
powder ginger

<add last two ingredients
if powder>) 3-5 shots/day

Recipe

- 1 Grapefruit
- 1 Orange
- 2 Lemons
- 3 Cloves of garlic
- 1/2 Of a large onion
- 3 Drops of peppermint oil

Cut fruit and onion into pieces. Place in a blender with enough water so that the mixture turns in the blender. Mix well. Add the peppermint oil at the end.

--Use 1 cup per day (periodically throughout the day)

- ▶ Peppermint oil, red clover, catnip, fenugreek seed, fever few, blue violet, thyme
- ▶ Avoid caffeine like coffee, chocolate, and nicotine and tobacco products, dairy products,
- ▶ Cold wash cloth on head, hot foot bath (if not diabetic)
- ▶ Get massage for upper back, and neck (traps.)

HEADACHES,

- ▶ Massage occipital area, or thumbs (eyebrow area)
- ▶ Drink 1 cup of water every 10 minutes for 1 hour (6 glasses of water)
- ▶ Put hands in hot water or feet or both
- ▶ If headache is after eating take charcoal (2-3 heaping TBS. with water)

HEADACHES₂

- ▶ Ice therapy / ice massage
- ▶ Magnesium, black cohosh, cramp bark, valerian, passion flower, kava kava, *wild lettuce, arnica
- ▶ Castor oil compress
- ▶ Hot and cold fomentation
- ▶ Get a specific massage (cupping, deep, Swedish, NMT, myofascial release)

SORE MUSCLES/LOW BACK

- ▶ Take large amount of magnesium/calcium, potassium
- ▶ Salt bath using Epsom salt
- ▶ Stretches
- ▶ Lemongrass, rosemary, lavender
- ▶ Magnet therapy

MUSCLE CRAMPS/SPASM

- ▶ Vaseline and water make a milky cream
- ▶ Salt baths /Clay
- ▶ Lemon oil (old English a wood polish)
- ▶ Chronic acne: cut dairy out of diet, and processed sugars and 6 weeks should clear up.
- ▶ Use vinegar
- ▶ Murphy's oil soap

**DRY SKIN/ECZEMA/PSORIASIS/
CRACKED HEELS**

- ▶ Use clay or clay mask
- ▶ Oatmeal paste/cream (make)
- ▶ Vinegar
- ▶ Baking soda paste
- ▶ Aloe vera leaves rub on area
- ▶ Inside of banana skin to rub on skin
- ▶ Use charcoal poultice or bath (messy)

RASH OR ITCHY SKIN/ACNE

- ▶ Use enzymes such as papain, and bromelain from papaya and pineapple.
- ▶ Herbs to use are anise, catnip, dandelion, dill, fennel, goldenseal, hops, mint, oregano, rosemary, sage, savory, slippery elm, thyme, turmeric. Some of these you can chew others make as a tea.
- ▶ Warm lemon water & probiotics morning, or just lemon before meals

DIGESTIVE ISSUES

- ▶ Eat meals at a scheduled time
- ▶ Eat slowly, take small bites, and chew, chew, chew
- ▶ Avoid eating spicy or greasy foods
- ▶ Avoid eating large mixture of foods combinations
- ▶ Use Peppermint Tea, Slippery Elm, Sage leaf,

INDIGESTION

- ▶ Watch what you eat, could be spoiled
- ▶ Too many food combinations
- ▶ Eat slower
- ▶ Use charcoal (1 glass to 1-2 heaping TBS. in water)
- ▶ Beano before you gassy foods
- ▶ Certain foods can make you bloat (story)

GAS AND BLOATING

- ▶ Eat prunes and drink prune juice
- ▶ Drink warm water daily/ water (wt. x 0.55 = X fl. oz.)
- ▶ Eat plenty of fruits, esp. pears
- ▶ Psyllium husk, 1 TBS. flax seed ground 3 prunes in water, wheat bran (1-4 TBS.)
- ▶ Certain type of massage (show)/ Fomentation / castor oil pack
- ▶ Mint, gentian, angelica, senna, aloe vera, chamomile, marshmallow, licorice root, dandelion, ginger, Rhubarb root,

CONSTIPATION

-
- ▶ Get a one-two hour massage (relaxation)
 - ▶ Avoid caffeine products
 - ▶ “Exercise neutralize stress” so take a walk and talk with God

STRESS

BIGGER ISSUES

- ✗ **Anxiety:**
 - + Valerian root, St. John's Wort, Passion Flower, Kava kava, Hops
- ✗ **Arthritis:**
 - + Devil's claw, white fir, fever few, barberry, vervain, oregano, wintergreen, milk thistle
- ✗ **Diabetes:** there are various things depends upon patient(gymnema, bitter melon, juniper berry, dandelion root, mulberry, milk thistle, fenugreek)
- ✗ **Cancer:** depends on type of cancer(wheatgrass, chlorella, spurlina)
- ✗ **High Blood Pressure:** we have a mixture made up
- ✗ **Heart Disease:** hawthorne berries, garlic and other things depending

QUESTIONS
